



# City Update

News and Information for City of Saint Paul Employees

December 17, 1999

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### **Mayor**

Norm Coleman

### **Council Members**

Jerry Blakey

Christopher Coleman

Michael Harris

Jay Benanav

Jim Reiter

Dan Bostrom

Kathy Lantry



### *In the Spirit of the Holiday Season*

Mayor Norm Coleman  
and Police Chief Bill  
Finney ring bells for the  
Salvation Army.

## **Saint Paul Parks to Host Cross Country Ski Races** *Volunteers Needed to Help with Four Events*

The 1999-2000 Metro Cross Country Ski Races feature four events held at parks in Saint Paul and Ramsey County. The races include:

**Classical Hiihto:** The second annual 10-kilometer race will be held on Sunday, Dec. 26, 1999 at 10 a.m. at Battle Creek Nordic Ski Center;

**New Year's Day Hiihto:** The annual 10-kilometer race will be held on Saturday, Jan. 1, 2000 at Noon at the Phalen Golf Course, 1615 Phalen Drive;

**La La Palooza Loppet:** In its eighth year, the Loppet will be held on Sunday, Jan. 16, 2000 at 10 a.m. at Como Ski Center; and

**King Boreas Ski Tour Race:** The 30th annual race will take place on Sunday, Jan. 23, 2000, at 10 a.m., starting and finishing at Phalen Golf Course. Racers in the King Boreas can choose either a 15- or 30-kilometer course.

There are also two special 2-kilometer races for kids 12 and under preceding the New Year's Day Hiihto, La La Palooza Loppet and King Boreas Race. The entry fee for each kids race is \$5.

Package advance registration is \$40 for any three races or \$50 for all four races. Individual race registration is \$15 in advance or \$20 day-of-race. To receive a registration brochure, call 266-6400. If you are interested in volunteering to help with these races, contact Howard Bell at 266-6415.

*This Holiday Season  
Give the Gift of Blood*

*Donate Blood on  
December 22*

*For more information,  
see page 2*

*Saint Paul*  
Celebrating 150 Years



## Have a Healthy Holiday!

For many of us, the holidays bring extra pounds! Rich foods, cookies, candies, and other overindulgences all contribute their own unique calories and fats, and inspire us to make a multitude of New Year's resolutions!

This year, we can have a healthier holiday with these tips from HealthPartners:

- ✍ Make time for physical activity. You can easily fit in a bit of exercise! Taking a walk each day can help you stay fit and healthy. Ice skating or other winter activities give you a chance to have fun with friends, burn calories and reduce stress.
- ✍ Choose food carefully. Stick with moderate portions, and eat slowly so that your body has time to tell you when you're full. Try to eat a light, healthful snack before attending an occasion where you'll be tempted to overindulge -- you'll be less hungry and more able to resist overeating.

When preparing meals, making small changes in recipes can help: use skim milk instead of whole milk, remove congealed fat from the top of gravies and soups, switch to nonfat margarine and salad dressing, and use nonfat yogurt or fruit as dessert.

When it's your turn to bring treats, try making a lower-fat dessert or a delicious fruit or vegetable tray -- others will appreciate the healthy option, too.

- ✍ Most importantly -- be realistic about your weight. Because the holiday season often revolves around food, it's probably not an ideal time to start a weight-management plan -- just try to maintain your current weight.

For more tips about fitness and nutrition, call HealthPartners' Partners for Better Health Phone Line at 612.883.7800. Nutritionists, nurses, and health educators can help you plan a healthier holiday and a healthier new year!

**REMEMBER:**  
*It only takes an extra  
500 calories a day to  
gain a pound a week.*

## Give the Gift of Blood

The gift of blood donation is one of the best presents you can give to accident victims, hospital patients requiring surgery, or those being treated for chronic illnesses like leukemia. And you get another chance to give soon!!

The next City/County Blood Drive will be held on:

**Wednesday, December 22, 1999**  
**8:30 a.m. to 2:15 p.m.**  
**Rooms 40-42**  
**Basement of the Courthouse**

To make an appointment to give blood, contact Linda Crosby at [linda.crosby@ci.stpaul.mn.us](mailto:linda.crosby@ci.stpaul.mn.us) or 266-6530.

## Chermak Receives Award



Jim Chermak, a shop foreman for the public safety garage, was recently awarded the "My Boss is a Patriot" Award by the Minnesota Army National Guard.

The National Committee for Employer Support of the Guard and Reserve presented Jim with the award in recognition of his support of employees serving in the reserve forces.

Jim was nominated for the award by David Benson, a mechanic for the City of Saint Paul. David is a Warrant Officer with the Minnesota National Guard and the Organizational Maintenance Technician for the 834th Battalion (Aviation) stationed in the Saint Paul Training and Community Center.





## Planning a Picnic or Family Gathering? Think Saint Paul Parks



If you are planning a picnic, family gathering, social club event, etc., why not consider using one of Saint Paul's picnic facilities.

Listed below are the park picnic facilities available for rental, each with unique amenities to compliment your event:

- ☐ **Cherokee Park has two shelters**
  - ☐ large shelter seats approximately 120 people
  - ☐ small shelter seats approximately 60 people
- ☐ **Como Park has a picnic pavilion and shelter**
  - ☐ picnic pavilion seats approximately 250
  - ☐ shelter seats approximately 60 people
- ☐ **Crosby Regional Park has one shelter**
  - ☐ seats approximately 60 people
- ☐ **Hidden Falls Regional Park has one shelter**
  - ☐ seats approximately 60 people
- ☐ **Highland Park has a pavilion and a shelter**
  - ☐ pavilion seats approximately 200 people
  - ☐ shelter seats approximately 60 people
- ☐ **Indian Mounds Park has one shelter**
  - ☐ seats approximately 60 people
- ☐ **Newell Park has one building and one shelter**
  - ☐ building seats approximately 100 people
  - ☐ shelter seats approximately 60 people
- ☐ **Phalen Park has one pavilion and one picnic shelter**
  - ☐ pavilion seats approximately 300 and
  - ☐ picnic shelter seats approximately 50 people

The Park Permit Office will begin issuing permits to residents and businesses of Saint Paul proper on Monday, January 3, 2000. Nonresidents may apply for permits beginning on Monday, April 3, 2000.



### For more information on park picnic facility locations, rates, etc:

- ☐ visit the Division of Parks and Recreation's web site at [www.stpaul.gov/parksrec/](http://www.stpaul.gov/parksrec/);
- ☐ call the Park Permit Office at 651-632-5111; or
- ☐ stop by in person at 1100 North Hamline Avenue (at the corner of Jessamine).

## Event Spotlight

### Saint Paul Winter Carnival

The Coolest Celebration on Earth is the theme of the 2000 Winter Carnival.

The Winter Carnival, in its 114th year, is the nation's oldest and largest winter festival.

The Winter Carnival will be held from January 28 - February 6, and features activities and events for the entire family. Choose among more than 100 events including parades, cultural celebrations, ice and snow sculpting, and a giant snow slide.

The 2000 Winter Carnival buttons are on sale now. Buttons provide free or reduced admission to most Winter Carnival events. Pick up your buttons (\$3 or value pack of 4 buttons for \$10) at one of the following locations:

SuperAmerica  
Tom Thumb  
Holiday Station Stores  
Snyder Drug Stores  
Rainbow Foods  
Food-N-Fuel/Total Gas Stations

If you participate in the annual Pioneer Press Medallion hunt, make sure to purchase a Winter Carnival button. Remember, the lucky finder of the medallion wins an extra \$5,000 if they have a registered button.

Future issues of City Update will provide additional information on the 2000 Winter Carnival. For a complete schedule of events, visit [www.winter-carnival.com](http://www.winter-carnival.com).



## December 17 Trivia Question

Q: Who designed the Saint Paul Public Library and when was it completed?

## December 3 Trivia Question &amp; Answer

Q: On May 27, 1900, Saint Paul received a 40-acre gift from Dr. Justus Ohage, former public health chief, whose last will stipulated that the land be "forever held and used for the purposes of public bathing and recreation." Where is this 40-acre gift located?

A: Harriet Island

*City Update*

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*City Update* is a bi-weekly newsletter for City employees published by the Citizen Service Office of the City of Saint Paul. Submission deadline is noon on Tuesday, one week before payday. Call 266-8528 for information or for a calendar.

*City Update Needs Your Help!*

If you have a story idea for City Update or know an employee who deserves special recognition, please contact Jodi Ellwood at 266-8528 or [jodi.ellwood@ci.stpaul.mn.us](mailto:jodi.ellwood@ci.stpaul.mn.us).

## Job Openings as of December 17, 1999

Application Deadline	Job Title	Bi-Weekly or Hourly Salary Rate	Exam Date
12/22/99	Building Inspector	\$23.74 per hr	01/07/00
Open	Clerk-Typist II - Spanish/Bilingual Speaking	\$23,758.00 (ANNUAL)	TBN
Open	Communications Technician	\$1359.09	Quals
Open	Communications Technician Trainee	\$1111.53	Quals
Open	Conservatory Attendant	\$8.82 per hr	Quals
12/30/99	Electrician	\$25.87 per hr	01/13/00
Open	Engineering Aide II	\$1084.28	TBN
12/29/99	Fire Training Assistant	\$1974.57	01/13/00
Open	**Food Service Assistant ( <b>part-time</b> )	\$8.43 per hr	See Job Ann
Open	Food Service Helper ( <b>part-time</b> )	\$7.75 per hr	See Job Ann
Open	IS Information/Technical Analyst II	\$1326.60	Quals
Open	IS Information/Technical Analyst III	\$1470.98	Quals
Open	IS Information/Technical Analyst IV	\$1674.26	Quals
Open	IS Systems Support Specialist II	\$1089.46	Quals
Open	IS Systems Support Specialist III	\$1326.60	Quals
Open	Library Clerk ( <b>part-time</b> )	\$9.23 per hr	Quals
12/28/99	Network Technician I	\$1424.00	01/07/00
12/28/99	Police Dispatcher ( <b>prom</b> )	\$1349.61	01/18/00
12/23/99	Ski Instructor I ( <b>seasonal/part-time</b> )	\$7.00 per hr	See Job Ann
Open	Telecommunicator	\$1242.48	Quals
Open	Ticket Sellers - River Centre ( <b>part-time</b> )	\$5.50 per hr (in training)	TBN

**\*\*This is a walk-in examination. Do not submit a job application before the test.** Note: Call or visit the Office of Human Resources at 400 City Hall Annex to receive the official job announcement for these positions. Phone: (651) 266-6500 (TTY/TDD 651-266-6501). For jobs announced after December 9, please call the 24-hour job line, (651) 266-6502.